

Briefing sheet for “Patient”

TO ONLY BE ISSUED TO THE INDIVIDUAL PLAYING THE “PATIENT” ROLE

Scenario #1

Demographics:

- 62 years of age
- Lives alone
- Able to mobilise without any walking aids
- Most significant health conditions are asthma, lower back pain, kidney disease and diabetes

Patient demeanour and mindset:

- Poor health literacy
- Hesitant to talk too freely as worried about embarrassing themselves given their poor knowledge
- Never has set a goal before

Broad list of areas they thought they might set a goal in:

- Walk more
- Use less tablets – don’t like using the painkillers
- Want to look into doing some courses or study to keep your mind engaged

Ultimate goal you decide you want to set:

- Use less endone!

Relevant contextual information:

- Currently use endone for lower back pain
- Been using endone for three years, via a GP prescription
- Over past three months been using more
- In the last three months your friend you used to walk with daily has moved away so you are doing less exercise
- Using typically four 5mg tablets now, but used to use only two 5mg tablets every two days
- You think it will be really quite difficult to achieve this goal, but think it is important as you don’t like painkillers and have read they can be bad for you

Take the liberty to make appropriate assumptions for any other details required.